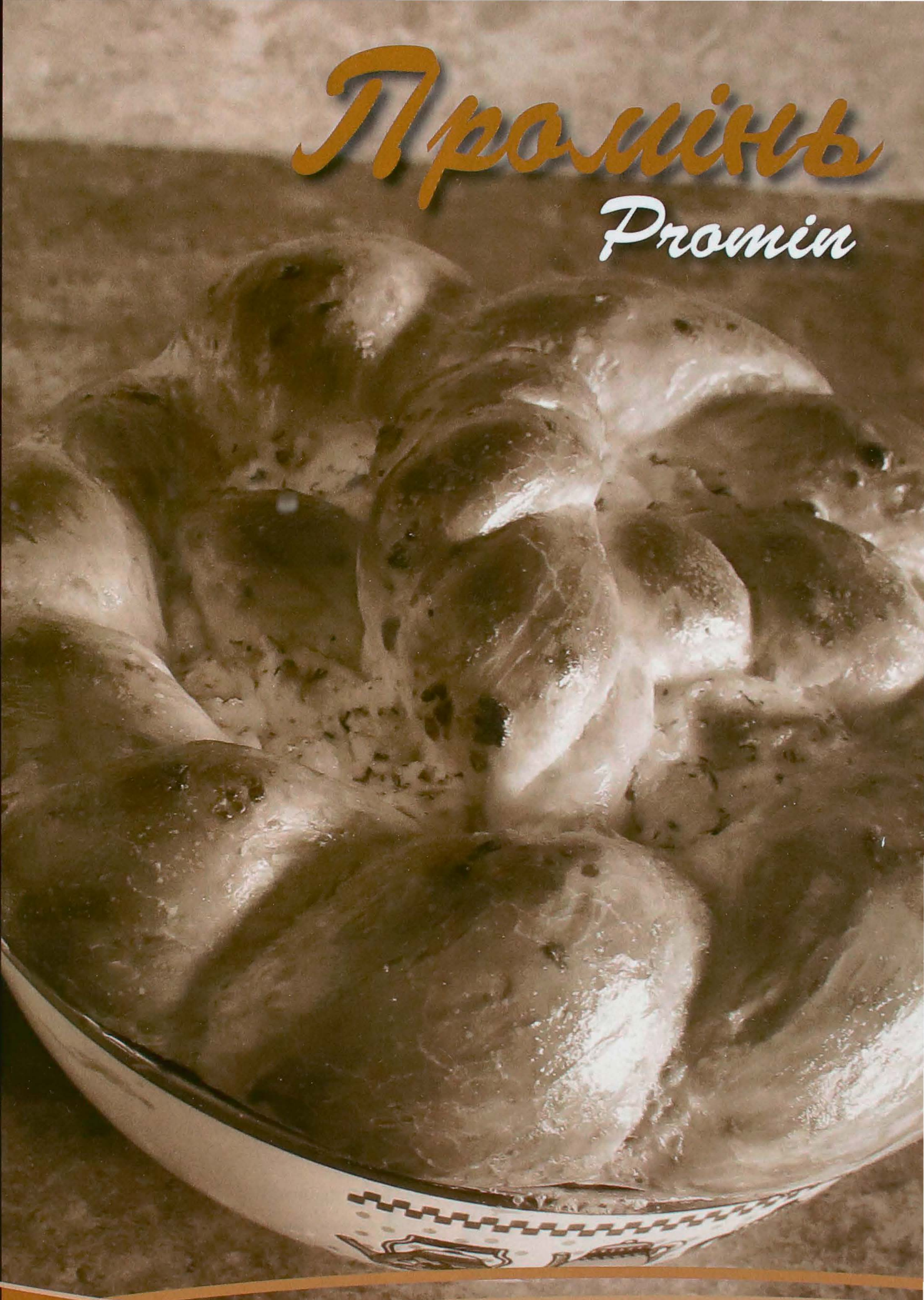
Промінь

Promin



Великодня паска

Orthodox Easter Paska

З'їзд СУС

USRL of Canada Convention

Сергій Ліфар, Киянин

Serge Lifar, Son of Kiev

Союз Українок Канади

April/May 2019 Issue

ПРОМІНЬ
Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік LVIX
квітень ~ травень 2019 р.

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Promin Administrator- Betty Corlett
Telephone 780-932-9727
bettycor@telus.net
promin@uwac-national.ca

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Союз Українок Канади
Ukrainian Women's Association of Canada

National Office
10611 - 110 Avenue
Edmonton AB T5H 1H7

Betty Corlett (Promin)
3019 - 43B Avenue
Edmonton AB T6T 1C1

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Nous reconnaissons l'appui financier du gouvernement du Canada.

Canada

РЕДАКЦІЙНА

EDITORIAL

Дорогі Читачі!

Знову надходить Свято Воскресіння Господнє. Буде весна. Природа відживатиме після загально суворої зими через цілу Канаду. Також повинні мати під увагою відновлення Союзу Українських Самостійників Канади цього літа на двоюрічному З'їзді в Торонто-Міссіссаґа.

Уже роками, члени СУСу перевіряють проблеми відновлення організації. Щороку членство зменшується. Віддані члени стараються переробити організацію, щоб вона стала більш сучасною та цінною українсько-канадцям Православної віри.

Активне членство в СУС та підтримання Української Православної Церкви Канади менш цікавлять цими днями канадців українського походження. Україна стала вільною й найновіші ґенерації українців в Канаді не відчувають натиск зберігання української спадщини, бо вона збережеться там— на Україні. Нових канадців українського походження більш цікавлять поліпшення свого економічного стану та асиміляція ніж збереження в Канаді всього українського. Найновіші імміґранти інше розуміють, що саме таке українська культура.

Мене щойно попросили очолити Комітет Резолюцій при наступному З'їзді. Я сподіюся, що ввходять у ньому різні представники організації з всієї Канади. Якраз у цьому числі Променя, Карла Козак, голова Резолюційної Комісії Союзу Українок Канади подає нам правела як творити резолюцію та приклад резолюції (див. у Вістях Голови).

Приїжджайте на З'їзд! Приготуйте добре видумані резолюції, які покажуть путь поступу наступній управі Союзу Українських Самостійників.

Бажаю смачної паски!
Леона Фарина Бриджес

Leona Bridges
Editor

Dear Readers of Promin,

Once again, it is Eastertime. Spring is on its way. Rebirth is coming after what has been, generally, across Canada, a severe winter. Renewal is also going to affect the Ukrainian Self-Reliance League of Canada this summer at its biennial convention in Toronto/Mississauga.

For the past number of years, members of the USRL of Canada have held workshops with a view to remodeling the organization. With its membership declining, loyal members have sought to make the organization more relevant in this age of advanced technology and innumerable entertainment options.
Belonging to "SUS" and

supporting the Ukrainian Orthodox cause in Canada seem to concern Ukrainian Canadians less and less. Now that Ukraine is independent, new generations of Ukrainian Canadians don't feel pressured to assure the survival of their Ukrainian heritage. New Canadians from Ukraine are more interested in improving their economic status and in assimilating than they are in promoting Ukrainian culture in Canada. Different waves of Ukrainian immigrants to Canada have different ideas as to what actually constitutes Ukrainian culture.

I have been asked to chair the Resolutions Committee for the Convention. It is my hope that the Committee will represent the views of the membership across Canada. In this issue of Promin, Carla Kozak, Chair of the Resolutions Committee for the UWAC, presents guidelines for composing a resolution as well as an example of such a resolution (see the President's Message).

Do attend the Convention this summer. Do consider carefully resolutions that will provide direction to the National Executive of the USRL of Canada for its next term of office.

Enjoy a tasty paska!
Leona Faryna Bridges

Front Cover:

Pasky by Vivian Skakun

Back Cover:
Photos property of the Serge Lifar Foundation.

DEADLINES

Please note that the deadline for submissions for our **June - July** issue is

April 20, 2019

Upcoming submission deadlines are:
Jun - Jul issue - April 20, 2019
Aug - Sept issue - June 20, 2019
Oct - Nov issue - August 20, 2019

For more information contact:
bridgesl@telus.net
780-619-4416 (mobile)

Donations

Korol, Dorothy, Canora, SK	$ 50.00
Maslo, Myrosia, Edmonton, AB	$ 100.00
Oneschuk, Irene, The Pas, MB	$ 40.00
Sembaliuk, Patricia, Sidney, BC	$ 40.00
Strathdee, Nadia, Burlington, ON	$ 50.00
Tarnowetz, Frances, Edmonton, AB	$ 50.00

Donations in Memory of...

- Ewanchuk, Ann, North Battleford, SK — $ 50.00
  In memory of father Mike Spak, mother Erinka, husband Uhan Ewanchuk, brothers Walter, Johnny and Louie Spak, and sister Nell Anderson
- Kitt, Helen, Sherwood Park, AB — $ 25.00
  In memory of Morris Kitt, Nick and Dora Michalchuk and Andrew Michalchuk
- Father Walter and Dobr. Olya Makarenko, Toronto, ON; Father William and Dobr. Larysa Makarenko, Hamilton, ON; Father Dr. Jaroslaw and Dobr. Natalia Buciora, Toronto, ON and Father Bohdan Demczuk, Saskatoon, SK — $ 150.00
  In memory of Oleksiy and Maria Makarenko and Dobr. Olia Demczuk
- McKee, Vivian, Didsbury, AB — $ 100.00
  In memory of mother Effie Hudyma
- Mukanik, Olga, Winnipeg, MB — $ 50.00
  In memory of husband Edward
- Pitts, Olecia, Regina, SK — $ 100.00
  In memory of brothers Dennis, Boris and Victor Drul
- UWAC, Maria Markovych Branch, Canora, SK — $ 25.00
  In memory of Helen Malinsky
- UWAC, Olena Pchilka Branch, North Battleford, SK — $ 50.00
  In memory of Anna Ewanchuk, member for 61 yrs (d. Dec 2018)
- UWAC, Daughters of Ukraine Branch, Regina, SK — $ 100.00
  In memory of Elizabeth Popowich

May their Memories be eternal. Вічная пам'ять!

Easter Greetings

St. Andrew's Ukrainian Orthodox Ladies Auxiliary, Edmonton, AB	$ 200.00
UWAC Alberta Provincial Executive, Edmonton, AB	$ 400.00
UWAC St. Anna's Branch, Edmonton, AB	$ 250.00
UWAC Olena Pchilka Branch, Yorkton, SK	$ 60.00
UWAC Manitoba Provincial Executive, Winnipeg, MB	$ 50.00

DONATIONS

The Board and staff of Promin wishes to thank every donor for each donation. We fully understand the service, the dedication and the commitment that each dollar represents and we are honoured by, and thank you for, your support.

SUS Foundation of Canada

620 Spadina Avenue, Toronto, ON M5S 2H4
www.susfoundation.ca

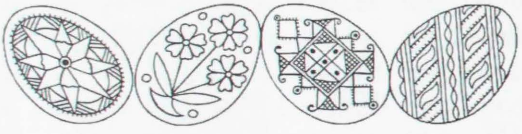
Христос воскрес!
Воістину воскрес!

Фундація СУС в Канаді сердечно вітає своє членство, спонсорів, всечесне духовенство та вірян УПЦК зі Світлим Воскресінням Христовим!

Хай дзвони в церкві ще гучніше дзвонять,
Хай ангел усміхнеться із небес,
Хай навіть кошички радіють і говорять:
„Христос Воскрес, воістину Воскрес!"

Christ is Born! Glorify Him!

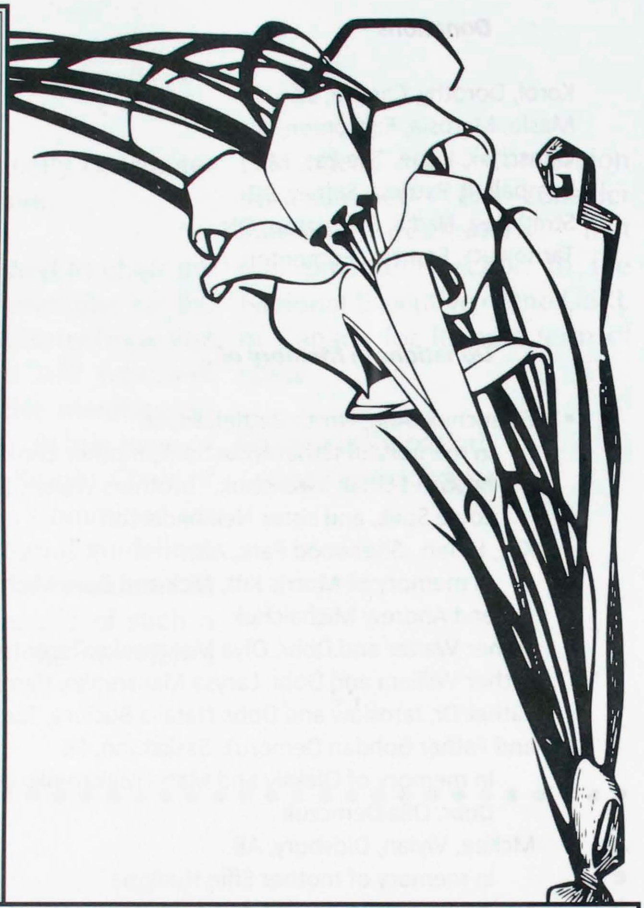
SUS Foundation of Canada wishes its members, supporters, all reverend clergy of the UOCC and the faithful and a very Blessed Easter!



From the Foundation

William Strus, President; ***Daniel Huzyk***, Vice-President; ***Mark Olynyk***, Secretary; ***Leo Atamanchuk***, Treasurer
Directors: ***Andy Balaura, Donna Kowalishin, Linda Lazarowich, Gerald Luciuk, Marianna Zaparyniuk***

"Preserving our Past, Funding our Future"



ХРИСТОС ВОСКРЕС! CHRIST IS RISEN!

ВОІСТИНУ ВОСКРЕС! TRULY HE IS RISEN!

Манітобська Повінційна Екзекутива Союзу Українок Канади сердечно вітає Вас з радісним днем Воскресіння Господа Нашого Ісуса Христа і бажає Вам всіляких життєвих гараздів, доброго здоров'я та душевних благ!

The Manitoba Provincial Executive of the Ukrainian Women's Association of Canada sincerely greets you on the glorious occasion of the Resurrection of our Lord Jesus Christ and takes this opportunity to wish you all of life's many joys, good health and spiritual blessings!

Великоднє вітання
Easter Greetings

У час світлого Воскресення Христового, в свято великої надії, Відділи Союзу Українок Канади та Провінційна Управа Альберти вітають Крайову Управу С.У.К., всіх Провінційних Управ та всіх Членок Союзу Українок Канади з родинами, Центральну Управу СУС і Членів всіх його складових організацій, Ієрархів та Духовенства Української Православної Церкви Канади з родинами та всіх Читачів журналу Промінь" і шлють їм сердечний Великодний привіт як також усьому українському народові в світі та в землях українських.

Хай надіями сповниться наше серце й віра велика хай веде нас до взнеслої мети!

Христос воскрес! Воістину воскрес!

Хай сповнює душу краса великодня
І радість оселиться в серці сьогодні!
Хай милують око весняні квіти,
І будуть щасливі дорослі та діти!!
Христос Воскрес!*

С.У.К. Церкви св. Андрея, Едмонтон, АБ
С.У.К. Провінційна Управа Альберти, Едмонтон, АБ
С.У.К. Відділ ім. Св. Анни, Едмонтон, АБ
С.У.К. Відділ ім. Олени Пчілки, Йорктон, СК
С.У.К. Провінційна Управа Манітоби, Вінніпеґ, МБ

St. Andrew's Ukrainian Orthodox Ladies Auxiliary, Edmonton, AB
UWAC Alberta Provincial Executive, Edmonton, AB
UWAC St. Anna's Branch, Edmonton, AB
UWAC Olena Pchilka Branch, Yorkton, SK
UWAC Manitoba Provincial Executive, Winnipeg, MB

* Easter greetings verses found at www.kp.ua from materials found at www.ogo.ua.

Dear Leona,
Enclosed is my subscription. In looking over my papers, I came across my recollection of earlier Soyuz days. Members were asked to speak about their early experiences in Soyuz. I have provided mine. (*Editor's note: See News from the Branches, page 21.*)
Promin continues to shine! Many thanks,

Gloria Ferbey,
Edmonton, AB

To All Promin Staff,
Enclosed is my cheque to cover my subscription for 2019. I wish to thank all of you that take the time out of your regular lives and keep us up to date on all the happenings in our Ukrainian community here in Canada and elsewhere in the world.
Our December 2018/January 2019 issue with an article by Betty Corlett was very much enjoyed. The information was informative and very much appreciated. It was a good way to inform us of changes. Please continue.
Personally, I really enjoy reading about all the Ukrainian events and personalities. Thanks so much.
Keep up the excellent work that you do,

Karen Feniuk,
Okanagan Falls, BC

Dear Editors,
I enjoyed holding the position of Promin representative for many years. I will be "retiring" in March. You've made a marvelous improvement in the publication of Promin and I have to say how much I enjoyed every bit of it. Wishing you the best in your good work.
Христос народився! Славім Його!
Sincerely,

Pauline Kindrachuk,
Vernon, BC

Enclosed is my Promin renewal and a donation to the Press Fund. I enjoy reading Promin. Thank you very much for publishing such interesting articles. Keep up the good work.
Thank you, Vivian Skakun, for the "Love of Gardening" articles. I appreciate them, including the recipes.
I have enclosed two recipes of my own—a different way of making sauerkraut and my favourite "Freezer Zucchini Marmalade". (*Editor's note: See page 27)*
God bless you All!

Irene Oneschuk,
The Pas, MB

Dear Betty,
I am enclosing my renewal and a donation in memory of my brothers, Dennis, Boris and Victor Drul. May their memories be eternal! Вічная пам'ять!
Keep up the good work in providing a well laid out and informative journal.
With God's blessings,

Olecia Pitts,
Yorkton, SK

Dear Betty and Dobr. Erin,
Congratulations on a great job! Very interesting and educational. Good luck and best of health to you and your family,
Love,

Aunt Olga Mukanik,
Winnipeg, MB

Dear Leona,
In the December 2018/January 2019 issue, we announced an increase in our subscription to $30 per year. I mentioned we would honour all current subscriptions, regardless of when they expire.
We are so thankful to those who are renewing their journal and gifting friends with Promin and for the donations we receive for the Press Fund and in memory of loved ones as well!
I do want to point out that I received a renewal form cut out from a June, 2016 issue, which, of course, had the old renewal amount of $25. That was not the only $25 cheque received – there were many.
So . . . . . starting next issue, I will pro-rate the subscriptions received. Basically, $5.00 per issue, so $30.00 is a full year (six Promins) and $25.00 is for five Promin magazines.
The expiry date will be reflected on the address label. I hope our readership will understand the logic behind this decision; basically we operate on a shoestring budget. How do you say this in Ukrainian?
My admiration and utmost thanks to you, Leona, for your stellar work in researching, writing and editing this important publication of ours!!
God bless you for your commitment.

Betty Corlett,
Promin Administrator
Edmonton, AB

Glory Be to Jesus Christ!
Dear Leona
Many times I have heard the plea for submissions to our wonderful Promin magazine. This past week I have been thinking a lot of both of my Babas and all the hard work they endured during their time here on earth, as well as their good work helping everyone like Babas do. I am positive they are continuing to do good work in Heaven.
As I reflected upon the work that they did and all their teachings, I started to think of what they wore everyday. It was their APRON!
So I did some research about the apron and came across this poem written by Tina Trivett.

Grandma's Apron
By Tina Trivett

The strings were tied; it was freshly
washed and maybe even pressed.
For Grandma, it was everyday she
chose one when she dressed.
The simple apron that it was, you
would never think about;
The things she used it for that made it
look worn out.

She may have used it to hold some
wildflowers that she'd found.
Or to hide a crying child's face when a
stranger came around.
Imagine all the little tears that were
wiped with just that cloth.
Or it became a potholder to serve some
chicken broth.

She probably carried kindling to stoke
the kitchen fire.
To hold a load of laundry or to wipe the
clothesline wire.
When canning all her vegetables, it
was used to wipe her brow.
You never know, she might have used it
to shoo flies from the cow.

She might have carried eggs in from
the chicken coop outside.
Whatever chore she used it for, she did
them all with pride.
When Grandma went to heaven, God
said she now could rest.
I'm sure the apron that she chose, was
her Sunday best.

Do other Promin readers have any memories of family members wearing aprons?

Diana Mauch,
Edmonton, AB

Editor's Note: See page 26 for Diana's recollections of her two Babas and their aprons.

Having seen your photo of the Ukrainian Shumka Dancers' memorial tribute to Gene Zwozdesky created for his recent funeral (*Editor's note: Gene Zwozdesky passed away January 6, 2019*), my jaw dropped and my eyes popped out! Absolutely stunning! I do not think I have ever seen such a beautiful and creative floral arrangement. I would love it if you had a floral series in Promin- complete with photos!! Please consider it seriously. There are so many Ukrainian women who are interested in perennial gardens, garden tours, floral shows and floral arranging that I think such a series would be a great hit.

I also was very interested to learn about Gene Zwozdesky. I looked up his obituary online and was most impressed by the range of his talent and accomplishments- in politics, music, the Ukrainian community, etc. He made a vast contribution to his city and province and must have been an inspiration to all who knew him. I am very sorry to learn of his passing at quite a young age. May his memory be eternal!

I want to tell you also that I very much enjoyed your article for "Administrator's Corner" in the Christmas Promin. What a good idea, to draw the curtain back a little on the wonderful team that publishes Promin!

"Christ is baptized, indeed- in the River Jordan!"

With my best wishes,

Vicky Armanios,
Winnipeg, MB

Dear Editor, Leona Bridges, and President, Sylvia Gray,

Thank you very much for such a very interesting journal (Promin August/September 2018 issue). I couldn't believe the life Olena Hryn lived and how it ended. Reading her life story, I had goose pimples on my skin. The whole journal was very interesting and I loved reading it.

I am writing to let you know that I have moved. I am a former Whitkow Olha Kobylianska Branch member, which I joined in 1950. I moved to North Battleford to the Olena Pchilka Branch in 1998 when our branch closed.

I don't drive, so I am happy to say that I live only four blocks from my Ukrainian Orthodox Church of St. John the Baptist here in North Battleford. I am enclosing a donation in memory of my whole family.

Please update my Promin label, which somehow still says 2017. Thank you,

Promin subscriber, Ann Ewanchuk,
North Battleford, SK

To Promin,

Enclosed is a donation in memory of Anna Ewanchuk, UWAC Olena Pchilka Branch, North Battleford, SK. Anna entered into her eternal rest on December 1, 2018 at the age of 95 years. She was an active member of both the Whitkow Olha Kobylianska Branch and the North Battleford Olena Pchilka Branch for a combined 61 years. Anna is remembered for her beautiful voice, singing in the church choir. May her memory be eternal! Вічная пам'ять!

Jennie Penzie, President
UWAC Olena Pchilka Branch, North Battleford, SK

Editor's Note: The late Anna Ewanchuk was most probably mother-in-law to Ann Ewanchuk, whose letter appears just above Jennie's.

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

UWAC National President

Sylvia Gray
President

Photo by
Bob Talbot

MESSAGE FROM NATIONAL PRESIDENT, SYLVIA GRAY

Dear Soyuzanky,

In this issue, I would like to share important information with you concerning the upcoming USRL of Canada Convention in Mississauga.

1. **Convention**

Save the following dates and attend the Ukrainian Self-Reliance League of Canada's national convention in Toronto this summer. To receive further information directly, please provide your email address to Darcia Moskaluk Rutkay at odarkamr@me.com who is the Secretary of the National Executive or consult the website at www.usrl-cyc.org.

2019 USRL National Convention
August 7-10, 2019
CONVENTION GUEST SUITES – SANDMAN SIGNATURE HOTEL
5400 Dixie Road, Mississauga
Direct number 1 905-238-0159

INSTRUCTION FOR RESERVATIONS
BY TELEPHONE 1-800-726-3626 or local 905-238-0159
QUOTE GROUP CODE 224563
to receive the special group rate.
Best to BOOK EARLY!
You have 48 hours, prior to event to cancel with no penalty.

Room Rates

BEFORE JUNE 15, 2019	**AFTER JUNE 15, 2019**
USING SPECIAL GROUP CODE 224563 159 PER NIGHT +ad. taxes	REGULAR RATE (APROX) 1 BED $168 & 2 BEDS $202 +additional taxes

All rooms have small fridge and microwave oven

SUITE A - 2 queen size beds plus sofa be – maximum 6 person								
Record up to four (4) names on registration, but can add two more on check in								
PRICE			1 person	2 persons	3 persons	4 persons	5 persons	6 persons
PER NIGHT		$159.00						
Tax 4%	0.04	$6.36						
		$165.36						
HST 13%	0.13	$21.50						
		$186.86	**$186.86**	**$93.43**	**$62.29**	**$46.71**	**$37.37**	**$31.14**
NET COST PER NIGHT			each	each	each	each	each	each

SUITE B – 1 king size bed plus sofa bed maximum 4 persons						
PRICE			1 person	2 persons	3 persons	4 persons
PER NIGHT		$159.00				
Tax 4%	0.04	$6.36				
		$165.36				
HST 13%	0.13	$21.50				
		$186.86	**$186.86**	**$93.43**	**$62.29**	**$46.71**
NET COST PER NIGHT			each	each	each	each

One main registrant must give credit card information to reserve suite.
Credit card holder must be present at time of registration
Reservation can be cancelled for good reason up to 48 hours prior to check in.
If occupants are other than immediate family – the main registrant must collect from the other occupants
A $200 refundable damage fee will be recorded on registration and refunded on check out if no damage
No prepayment involved – all charges are finalized at time of check out.

FREE AIRPORT SHUTTLE-
Airport to hotel call front desk at 905-238-0159 Ext 0
The guest agent will advise the time of the next bus and at which bus post to wait.-
Hotel to airport – sign up at front desk at check in.

FREE CAR PARKING
Swimming Pool Open Daily from 8:00 AM to 10:00 PM
Three Storey Waterslide Open Friday and Saturday only 6:00 PM to 10.00 PM

2. Branch Reports

Send me (**Sylvia Gray, National Pres., U.W.A.C. at jgray@shaw.ca**) a **Branch Report** to include in the Convention Book. Your report should include: a list of your current executive, number of members, highlights of the past two years; 1 or 2 photos (these will not be returned) - electronic or jpeg format please; a list of your deceased members within the past 2 years.

Please send to me by May 31st, 2019.

3. Message from the Resolutions Committee

The biennial convention of the Ukrainian Women's Association of Canada is scheduled for

August 8-11, and that gives us the opportunity to unite our voices in standing up and supporting important events and issues in our world. We do that by writing, passing and acting on resolutions that state policies and/or actions that affect our Ukrainian world.

To help you write your resolution(s) for the convention, I am sending guidelines and an example of a policy/action resolution.

Please send your resolution(s) to me at carlako@telus.net – no later than May 1. If you have any questions, please e-mail me. I look forward to seeing your resolutions.

Sincerely,
Carla Kozak, Chair Resolutions Committee

Guidelines for Resolutions

1. The resolution has a title, which shows what it is about.

2. The resolution deals with a matter that is national in scope.

3. "Whereas" clauses show the reasons for the policy to be established and actions to be taken.

4. "Resolved" clauses clearly state the policy to be established and actions to be taken.

5. A background section is included, in the form of either a rationale or a short bibliography of sources with facts or figures to confirm the accuracy of the "whereas" clauses.

Sample of a Resolution: National Food Policy

Whereas (1) a small group of companies has gained control over our food supply and are generating huge profits; and

Whereas (2) Canada is losing self-sufficiency in food due to urban growth (which destroys good farmland) and lowered prices to farmers for their products (which leads to farm bankruptcies); and

Whereas (3) Canadian farmers cannot compete globally against lower agriculture and labour standards in other countries; and

Whereas (4) many families in Canada cannot afford nutritious food; therefore be it

Resolved (1) that the Ukrainian Women's Association of Canada adopt as policy that Canada have a national food policy; and be it further

Resolved (2) that the Ukrainian Women's Association of Canada urge the Government of Canada to formulate a national food policy and related programs that

a) expand our capacity for food production,
b) ensure sustainable production, distribution and usage,
c) build long-term sustainable farm incomes,
d) preserve good farmland,
e) ensure that international trade agreements involving food are based on science, fairness, consistency and enforceability

Erin Haugen
Visual Artist

Facebook:
www.facebook.com/erinhaugenart

St. Paul, AB
587-252-3410
ehaugen@hotmail.ca

Image: *Ostrich Egg Pysanka*

and

f) provide safe and nutritious food for all Canadians, including those with low income.

Background

1. Empowering Canadian Farmers in the Marketplace, A Report by the Honourable Wayne Easter, Parliamentary Secretary to the Minister of Agriculture and Agri-food. Agriculture and Agri-food Canada, July 2005

"International trade deals and the WTO have greatly increased exports in the agriculture and agri-food sector, but farmers' share of that wealth remains disastrously low...The agri-food sector is controlled by a relatively small number of large multinational corporations...The big companies that provide farmers with inputs on the upstream side and that buy their products downstream are increasingly concentrated and powerful. International trade rules apply to countries but not to large corporations which have been able to consolidate and to diminish competition in their sectors."

"The farm income from market sources fell deeply in the 1980's and farmers have never recovered...Many are locked in a deep and continuing economic crisis...It is long-term and systemic – and it is global...The research indicates that farm gate prices have remained stagnant or even declined while prices to consumers have consistently increased. Farmers' share of the food dollar from the marketplace has been declining sharply, but farm costs have dramatically increased...Since 1984, the real price of a market basket of food has increased by 2.8% while the farm value of that food has fallen by 37.7%"

"Resolution of the farm income crisis will require both national and international efforts to shift the balance of power and profits back toward primary producers."

"Governments must adopt a firmer stance during international trade negotiations... Foreign products should meet the same quality, safety, health, environmental and labour standards as Canadian products to enter the country."

2. Why Canada Needs a Food Policy, by Wayne Roberts. UVic Campus Community Gardens Newsletter; February 1, 2009.

"...As many as ten percent of the people of Canada...cannot afford nutritious food throughout the year... We spend billions more managing food waste than on (the problem of) under-nutrition of kids from low-income families... we are losing our best farm lands, and young people are refusing to enter careers in food production that guarantee only poverty-level wages... We are missing the opportunity of paying farmers a fee to become stewards of clean air and water."

3. National Food Strategy; Canadian Federation of Agriculture. Jessica Goodfellow, Project Co-ordinator, July 2010.

"It is imperative that Canada develop a long-term food strategy that will provide citizens with a secure understanding that we will be able to feed ourselves and contribute to the world's food needs in the years to come through sustainable production, processing and distribution of food... Canada must expand its capacity for food production and processing through improved infrastructure, investment in research and development and adoption of progressive policy and regulation."

Hoping you will find this information useful and wishing you a Joyous Easter,

Христос воскрес! Воістину воскрес!

Wishing you and yours health and blessings,
Sylvia Gray, President, National U.W.A.C.

Рідне слово

Мало відома українська жіноча історія
Жіночі історії родини С. Федака – Частина III

Поле діяльності Союзу українок охоплювало не тільки політичні, економічні, але й духовні аспекти суспільного життя. Його представниці брали активну участь у житті парафій та церковних товариствах, зокрема відомо про роботу О. Федак¬-Шепарович в Українському комітеті допомоги безробітним та убогим, що постав у Львові в міжвоєнний період. Тісно співпрацює жінка з такими персоналіями як Олена Кисілевська, Катря Гриневичева, Іванна Блажкевич. Разом з Міленою Рудницькою редагує часопис «Жінка», а після його закриття у 1935р., стає співзасновницею двотижневиків «Громадянка» та «Світ українки» [17, с.191.].

Намагаючись протистояти тенденції антиінтелектуалізму в краї, Союз українок підтримав заснування у Львові в жовтні 1924р. Українського товариства жінок з вищою освітою, куди ввійшла Олена, Марія та Софія Федак. В складі Товариства, старша Федаківна, через публічні доповіді, реферати намагалась залучати жінок з середньою освітою до продовження навчання в університетах Європи. Саме Олена Федак-Шепарович була однією з перших, хто правильно розставив акценти щодо сутності українського фемінізму, зазначаючи: «Завданням української феміністки являється праця, … позитивна, громадська праця з народом і для народу. Тоді здійснення всіх наших ідеалів, цебто визволення нашого народу, буде рівночасно цілковитим визволенням української жінки [18, с.23.] ».

Надзвичайно видною була участь Олени Федак-Шепарович у міжнародному жіночому русі. Вона перебувала з 28 травня по 8 червня 1926 року в складі української делегації Міжнародного союзу суфражисток у Парижі, була єдиною, хто представляв Союз українок на похоронах Симона Петлюри. В наступні роки вона у складі делегації Жіночого конгресу в Берліні (1929 р.) та Відні (1932р.), де поборюючи усі перешкоди польської влади, гостро піднімалися питання дискримінації української меншості в Другій Речі Посполитій. Щоб продемонструвати свою єдність й гідно заявити про себе світові, жінки-галичанки проводять у жовтні 1937р. Всесвітній з'їзд Союзу українок, до головної управи, якого була включена і Олена Федак-Шепарович.

Говорячи про громадську працю Олени (Галини) Федак-Шепарович, слід

підкреслити її участь у політичному житті галицьких українців. 1928 року під час виборів депутатів до польського сейму і сенату їй довірили репрезентувати інтереси жіноцтва в УНДО. Зважаючи на те, що УНДО було коаліцією поміркованих партій і груп, жінкам тут було легше втриматись та повноправно використати парламентську трибуну для захисту власних інтересів. Така ситуація була не на руку існуючій владі, тому 1935 р. доказом «нормалізації» стало право поляків схвалювати або відкидати кандидатів-українців у виборчих процесах. Олені Шепарович та її соратницям Г.Палій, М. Біляк , М.Мудрик керівництво УНДО запропонувало компроміс зі владою. Жінки відповіли на це відкритою заявою «Вибори без жінок», де проголошувалось: «Політична рівноправність – це для нас, українських жінок, співвідповідальність за те все, що твориться в українському світі, також за те, що робиться без нас, жінок, навіть за те, що робиться проти нас [17, с.272.]». Тому у виборчих списках УНДО – найбільшої партійної коаліції не було жодної жінки. У відповідь на це місцева влада припиняє діяльність СУ.

У жовтні 1937р. українки засновують нову інституцію – Дружина Княгині Ольги, куди ввійшла і О.Федак-Шепарович. Це була не тільки політична організація жінок, а й ідеологічний центр щодо питань релігії, родини, освіти, культури та етики громадського життя.

З приходом на Західну Україну радянської влади, сім'я Олени Федак-Шепарович емігрує в Західну Європу, а з 1949р. – до США. Тут деякий час жінка змушена перебиватись тимчасовими заробітками (працювала куховаркою у родині італійського лікаря), згодом влаштовується на роботу в Український інститут Америки. До кінця життя Олена Федак-Шепарович не припиняла зв'язків з Батьківщиною, працювала за кордоном з іншими співвітчизницями, наголошуючи, що «усі пости здобували ми собі своєю невсипущою працею, своїм гарячим бажанням служити своїй Державі [15, с.32.]». Останні роки життя, Олена (Галина) Федак-Шепарович важко хворіла. Просила поховати себе у чорній сукні з білими рукавичками , тихо, без промов і тризни. Померла 1982 року у Нью-Йорку у віці 88 років. «Людина високої товариської культури, мила, привітна, справжня представниця роду Федаків», – писав про неї І.Кедрин [16, с.332.].

Можна без перебільшення стверджувати, що під цей словесний портрет підпадає донька Олени (Галини) та Лева Шепаровичів¬¬ Ольга Кузьмович ¬– наймолодша репрезантка роду Федаків. Її дитячі та юнацькі роки на Сикcутській, 48, атмосфера дому, Львів з його родинними та соціальними парадигмами сформували її стосунки зі світом, заклали підвалини життєвих пріоритетів, характерних для генерації галицької інтелігенції 30-40рр.

Маючи батьків, активно задіяних у громадських справах, дівчинка виховувалась бабунею, якій вона присвятить найтепліші спомини. Читаючи їх, розумієш, що пам'ять письменниці мов перфокарта, пронизана дитячими і отроцькими враженнями про світ, в якому існувала радість і біль. Хресними малої стали Ольга Федак-Коновалець та Андрій Мельник. Останній не дарував ані іграшок, ані солодощів, а тільки клаптики зшиткового паперу, де були короткі побажання та альбом з родинними фотографіями. Вже у 3-річному віці Оля стала свідком погрому дому С. Федака, спричиненого атентатом на Ю. Пілсудського. Коли поліція розпорювала без жалю дитячі ляльки в пошуках таємних паперів, бабуня – Марія Федак навчала ніколи не плакати перед ворогом. Згодом 1923року, дівчинка стала співучасницею «підпільної праці», перевозячи з Берліну зашиті в комірі плащика гроші, призначені для діяльності УВО [4, с.13.].

У подальшому Ольга Шепарович закінчує середню школу, потім – Український Інститут для дівчат у Перемишлі. Вже 1934р. з'являються її перші журналістські дописи у пластовому журналі «На сліді», замітки до журналу «Жінка», що редагувався Галиною Федак-Шепарович. З 1935 по 1939рр. дівчина, як матір у минулому, вивчає журналістику у Варшаві. Отримавши ступінь магістра, працює у щоденнику Львова «Діло», але з приходом радянської влади змушена емігрувати у Краків. Тут Ольга віднайшла свого нареченого – Миколу Кузьмовича. М.Кузьмович був сином відомого діяча Володимира Кузьмовича – посла до галицького сейму, співробітника газети «Діло», прихильника УНДО. М.Кузьмович до війни працював хірургом у лічниці Андрея Шептицького, тому поляки забирають його у полон на посаду лікаря. Добившись у властей дозволу на визволення нареченого, Ольга і Микола у Кракові побралися. Відомо, що свідком на весіллі у Кузьмовичів був Юрій Шухевич – брат Романа Шухевича.

Проживаючи у Польщі, Ольга Кузьмович два роки працює на посаді секретаря полковника Р. Сушка, а відтак М.Скрипника (в подальшому Митрополита УПЦ – Мстислава). 1941року Ольга Кузьмович з чоловіком повертається до Львова , продовжує роботу у юнацькому журналі «Дорога» під керівництвом редактора Миколи Шлемкевича. Коли у 1944 році Львів знову захопили радянські війська, сім'я перебирається у Австрію, а

з 1949 року родина Шепаровичів-Кузьмовичів емігрує в США.

У чужій країні життя Ольги Кузьмович було тісно пов'язане із юнацькою організацією «Пласт». Маючи за приклад матір та бабуню, котрі в межах ворожих окупацій вели активну громадську роботу, Ольга не мала морального права на помилку. Зайнявши провідне місце у Пластовій організації США, жінка направляє свою діяльність на зберігання та трансляцію національного компоненту серед діаспорної молоді. У 1960-1963рр. її обрано головою Крайової Пластової Старшини в США, вона серед членів редколегії «Пластового Шляху», відповідальна за пластову сторінку газети «Свобода». 25 років поспіль жінка редагує журнал пластового юнацтва «Юнак», а в 1970-1974 рр. її обирають очільницею Головної Пластової Ради (вперше такий пост було доручено жінці). За багаторічну плідну працю у «Пласті» О.Кузьмович двічі була удостоєна золотої медалі святого Юрія .

Як журналістка, маючи легкий стиль викладу, поєднаний з реальним світосприйняттям та витонченою спостережливістю, вона на перший план завше ставила проблеми людських взаємин, і майже ніколи не торкалась політичних. Ольга Кузьмович була удостоєна честі очолити Спілку Українських журналістів Америки (1976р), вона член управи НТШ Америки, редактор «Вістей НТШ», сторінки НТШ-А у «Свободі». На літературних конкурсах СФУЖО діставала двічі нагороди за свої оповідання. У доробку О.Кузьмович понад 1900 нарисів, оповідань, статей, фейлетонів, репортажів, спогадів, що головним чином стосуються української історії. Вона є автором передмов до зібрань творів І.Кедрина, Ц.Паліїва, Р.Купчинського, альманаху «Карпатський Лещетарський Клюб», порадника для молоді «Як писати листи» [19, с.32.].

Найбільшим літературним надбанням О.Кузьмович є книги «Про це і те» (2000р.) та «Про вчора і сьогодні» (2003р). Останні є цінними тим, що містять ностальгійні портрети персоналій Львова початку XX століття. Серед них представники родини С. Федака: Марія Січинська, Ольга та Євген Коновалець, Андрій Мельник, Лука Мишуга, Стефан-Ярослав Федак. Вони звичайні у своїй «повсякденній діяльності», зі своїми слабкими і сильними сторонами, власними світоглядами. Висвітлюючи чоловічі й жіночі візії тогочасного суспільства, Ольга Кузьмович сприяла відтворенню більш цілісної картини історичного минулого, яке вона проектує на сучасність. Серед її героїв і представники наймолодшого покоління Федаків, котрі розсіялись по усьому світу, але попри це бажають пізнати спільну родину й Україну.

Написавши спогади, унікальні в мемуарному доробку галицьких сімей минулого століття, журнілістка О.Кузьмович залишила ще багато білих плям у цій історії. Адже як пише О.Забужко: «…жодна «сторі» не є

закінченою, нічия. І смерть не ставить у ній крапку [20, с.130.]» Думається, що справу онуки Степана Федака продовжать його нащадки в Україні та поза межами.

Таким чином, представлені жіночі персоналії родини С.Федака, різнили епохи, з їх трагічними умовами, проблемами виживання, де надзвичайно легко було загубити себе як людину, втратити власне коріння. Але ці жінки зуміли зберегти й передати нащадкам лейтмотив батьківщини. Пропагуючи національні цінності, створюючи унікальні моделі громадських організацій, приймаючи участь в міжнародному та національному жіночому русі, публікуючи власні спогади вони, як і решта сучасниць, творили українську історію. Такою ж мірою як і чоловіки.

Оля Бежук

О.Бежук, доцент кафедри історії України та економічної теорії, Львівський національний університет ветеринарної медицини та біотехнологій імені С. З. Гжицького, м. Львів, Україна

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"The Sky is Falling" Fan the Flame Event

Addressing Falling Membership and Engagement in the Ukrainian Women's Association of Canada, St. John's Cathedral Branch, Edmonton

The sky may not be falling, but membership and participation are with the Ukrainian Women's Association of Canada, St. John's Cathedral Branch, Edmonton! What do you do? It is easy to run around like Chicken Little in the fable warning others that disaster is imminent. It is much more difficult to address the problem and to make an effort to prevent it or at least prop it up until a solution can be determined.

Having tried a few standard approaches like sending out notices and approaching individuals personally, the executive decided to pose this question to the very people they wanted to become more active in the organization. How were we to get the very people who did not want to engage with us to give us feedback on what would get them to actively participate?

A sub-committee tackled this challenge with some intense brainstorming and wine: Julia Elaschuk, Christine Zwozdesky, Donna Kowalishin, Myroslava Chomiak and Tatiana Martschenko. The UWAC torch symbol (Smoloskyp) sparked the imagination and **Fan the Flame** was conceived.

It was determined that an invitational social event would include:

- a catchy title and appealing invitation sent out by mail
- a call for donations to two women's charitable organizations
- wine and hors d'oeuvres
- an opportunity to provide input.

Hopefully, an event such as this would capture the attention of the inactive and potential members, and entice them to attend and participate in our earnest attempt to get feedback. **Fan the Flame** invitations were sent out by snail mail (some of the older members did not have computers for emails and we hoped that an invitation in the mail would more likely be noticed) to about 140 people.

Packing Comfort Bags

Participants (L to R) Myra Chomiak, Tatiana Martschenko, Christine Zwozdesky, Ariana Whitlow, Theo Harasymiw and Elaine Harasymiw.

Comfort Bags

On an inclement November evening, 20 women participated, including two articulate young women, Theo Harasymiw and Ariana Whitlow, daughters of active members, who shared their perceptions and expectations very candidly.

In the fable, Chicken Little ran around exclaiming that the sky was falling after an acorn landed on her head. Rather than display Chicken Little characteristics and lament the lack of new members and the younger generation's disinterest, the current St. John's Executive will make a commitment to address the proverbial sky from falling by heeding the round table discussion feedback.

UWAC cultural, spiritual and altruistic goals will be maintained, but more relevant experiences will be attempted. Regular general meetings are planned; interesting speakers on relevant topics will be brought in; members will be invited to sit in on executive meetings; intergenerational active, educational, cultural and spiritual experiences will be considered; and community altruistic initiatives will be included. All in an effort to keep the sky from falling on UWAC, St. John's Cathedral Branch.

Julia Elaschuk, President
Myroslava Chomiak, Communications Chair
UWAC, St. John's Cathedral Branch, Edmonton
Photos by Myroslava Chomiak

What "Soyuz" has Meant to Me

Remembering My Initiation into the UWAC

I was twenty years old when I joined "Soyuz". At that time, I was still a member of the Provincial Executive of CYMK and my father was the parish priest at St. John's Ukrainian Orthodox Cathedral in Edmonton.

When I told my father that I joined the Cathedral Branch of the Ukrainian Women's Association of Canada, the first thing he said to me was, "What do you know about 'Soyuz'?" He caught me off guard and I needed a minute to gather my thoughts, but before I could say anything he said, "You are still very young, but I am pleased you joined 'Soyuz'. You will have good role models in this organization—work with them, but most of all, learn from them!" And learn I did.

During the years that followed, "Soyuz" played a major role in my life. It enabled me to grow as a person, helped me raise my children, gave me the opportunity to initiate projects, but most of all, I treasure the lifelong friendships I made with women of all ages. These were women of many talents and skills and I wanted to be like them. They were truly iconic figures in my life and I will always be grateful to them for their support and encouragement.

I will never forget when many years ago, "Pani" Stephania Paush approached me to be Provincial President of "Soyuz". My immediate reaction was—"Oh, no, no, I'm not ready yet!" However, she came to me well prepared. She had a summary of everything I had done since Junior CYMK and when she was finished, she instilled in me the confidence to take on this responsibility.

I have had many successes in "Soyuz", but I want to share with you my first major disappointment the first year I joined.

Mrs. Michalyna Budnick was President at that time and asked for volunteers to make holubtsi for a large function. Because at twenty years old I considered myself an expert holubtsi maker, I volunteered. After all, my mother had taught me well!

The day came and all the women sat in a circle with a huge pot in the middle. As we made the holubtsi, we put them in this gigantic pot. A very stern and serious woman was sitting next to me and I will call her "Tsjotsja Anna". She was watching me like a hawk. I knew I had passed inspection when she didn't comment on my holubtsi. As I put them in the pot, however, I gently pressed them down.

Well! Tsjotsja Anna smacked my hand and told me in no uncertain terms that one NEVER, EVER presses holubtsi down—otherwise, they will not cook evenly.

I was devastated. I had so hoped to make a good impression, but, instead, I turned red as a beet and was on the verge of tears.

Mrs. Janishewski, the head cook, a very kind and gentle woman, immediately began to console me. She turned to Tsjotsja Anna and said, "То не було гарно, що ти зробила—дуже не гарно."

How I continued to make holubtsi that day remains a mystery to me, but I did and, by the time the pot was full, Tsjotsja Anna had apologized to me.

I have often wondered what my life would have been like had I decided not to continue my membership in "Soyuz" after that incident, but my determination to continue has truly been a blessing for me.

Gloria Ferbey, Edmonton, AB

Editor's Note: *This little anecdote contains wisdom for those of us who should be mentoring new members to "Soyuz" rather than antagonizing them. It is also a lesson in humility and resilience for the incoming member.*

Latest Exhibit
at the Ukrainian Museum of Canada, Ontario Branch

Ukrainians began immigrating to Canada as early as the 1880s from a society where the Church was an integral part of daily life. Out of necessity, the initial years in Canada were devoted to basic survival. By 1918, after almost 25 years of Ukrainian settlement in Canada, the Ukrainian Canadian community had become strong enough financially and organizationally to respond to the spiritual, social and cultural needs of the community by establishing the Church of their forefathers in their new homeland, thereby contributing to Canada's developing cultural fabric.

To mark the culmination of the 100th anniversary of the founding of the Ukrainian Orthodox Church of Canada, the Ukrainian Museum of Canada, Ontario Branch has mounted an exhibit featuring the churches of the Eastern Eparchy titled FOUNDATIONS OF FAITH / ОСНОВИ ВІРИ. Each of these churches, located in the provinces of Ontario and Quebec, are presented in photographic form along with a brief history of the parish, the current, former and visiting pastors and how each made significant contributions to its own community as well as to Canada as a whole.

The Museum was fortunate to make the acquaintance of photographer Sterling Demchinsky, whose photographs illustrate this exhibit. Since the mid-1990s, Sterling has photographed over 600 Ukrainian churches for his *Ukrainian Churches in Canada* project, which began when he felt inexplicably drawn to photograph Ukrainian churches. Feeling that he was being called by God to begin a new phase of his life, Sterling started attending church again and today he is an active member of Christ the Saviour Orthodox Church in Ottawa (a church in the diocese of the America Carpatho-Rusyn Orthodox Church, under the Patriarch of Constantinople). Additionally, he is also a member of Assumption (Dormition) Ukrainian Orthodox Sobor in Ottawa.

Sterling Demchinsky is a third generation Ukrainian-Canadian whose great-grandparents on both sides of his family homesteaded in settlement areas northeast of Yorkton, Saskatchewan (at that time part of the Northwest Territories). He has a strong sense of connection to his roots and he remains grateful for the sacrifices of those first pioneers who cleared the land and broke the soil at the end of the nineteenth century.

Photos of Eastern Eparchy churches by Sterling Demchinsky

Priest's vestments

SVI President Greg Hamara, Father Bohdan Sencio and Dyak Mykola Muskulka

When FOUNDATIONS OF FAITH opened on December 6, 2018, Sterling treated Museum members and guests to a wonderfully informative talk and visual presentation, "**The Art and Architecture of Ukrainian Orthodox Churches of the Eastern Eparchy.**" Discussion was lively and a great number of ideas were exchanged.

While he has many other interests, the photography of Ukrainian churches has become Sterling's greatest passion. Thousands of his photographs have been donated to both the Ukrainian Catholic Church and the Ukrainian Orthodox Church in Winnipeg. Library and Archives Canada also receives donations of his photographs. As Sterling states on his website Ukrainian Churches of Canada, "So many churches are in danger of closing. They deserve to be documented as a symbol of our heritage and as a monument to our pioneer ancestors. Of course, when there are vibrant new Ukrainian churches in Canada, they deserve to be documented too — if for no other reason than we need to see examples of success more than ever now." Mr. Demchinsky is determined to continue photographing Ukrainian churches well into the future. Every year he finds subjects to photograph that are in danger of disappearing.

The main focal point of FOUNDATIONS OF FAITH is the "chapel" re-created in our Museum space. Using liturgical objects borrowed from the Ukrainian Orthodox Sobor of St. Demetrius, Toronto, Ontario, from the Ukrainian Orthodox Church of the Holy Trinity, London, Ontario and from the chapel of St. Vladimir Institute, we have brought to light some of the mysteries from behind the iconostasis or icon-screen which separates the Sanctuary (Altar area) from the Nave, symbolizing the Mystery of God, and of

Museum co-president Daria Diakowsky thanks Father Bohdan Sencio for blessing Museum on Stritennia

His Kingdom. The iconostasis itself is represented by two "pop-up" Demchinsky photographs of the Deacon's Doors from St. Anne's Ukrainian Orthodox Church in Scarborough, Ontario. High on the wall behind the Holy Table is another of Sterling's photographs – this one of the Lord God Sabaoth Icon from the St. Volodymyr Cathedral in Toronto, Ontario.

Also featured are four sets of vestments, those of an altar server (on loan from the Ukrainian Orthodox Sobor of St. Demetrius), a set of deacon's vestments that belonged to the late Fr. Deacon Myron Bodnarchuk (on loan from his daughter Sonya Bodnarchuk), hand-embroidered vestments that belonged to the late Very Reverend Michael Bodnarchuk (on loan from his son and daughter-in-law Evan and Bernice Bodnarchuk) and bishop's vestments (on loan from His Grace, The Right Reverend Bishop Andriy). On display are many precious and rare publications and hand-illuminated musical scores generously loaned to the Museum for this exhibit.

Running in conjunction with FOUNDATIONS OF FAITH is a speaker series:

March 14 Byzantine Iconography … Sharing the Joy of Writing Icons
with Marianna Savaryn

April 4 Slums, Street Preachers and the Spirit of God: The emergence of the Ukrainian Orthodox Church in Eastern Canada in the context of the early 20th century immigrant experience
with Franko Diakowsky

June 6 A Taste of Liturgical Music
with St. Demetrius Orthodox Church Quartet

June 20 Ukrainian Orthodox and Catholics After the Tomos: Searching for Unity Locally and Worldwide
with Fr. Peter Galadza and the Very Rev. Archpriest Dr. Jaroslaw Buciora

June 27 Sisters, Frenemies or What? The Ukrainian Orthodox and Ukrainian Catholic Churches Compared and Contrasted
with Fr. Bohdan Hladio and Brian A. Butcher, PhD

All lectures will begin at 7:00 pm at St. Vladimir Institute, 620 Spadina Ave., Toronto, Ontario.

Admission: **$20** per lecture or **$80** for the series of five lectures. Student admission: **$10.00** per lecture with valid ID.

Tickets may be purchased in advance at www.umcontario.com/events or by calling **416-923-9861**. For more information: **www.umcontario.com.**

The Ukrainian Orthodox Church of Canada is a Metropolia in Eucharistic Communion with the Ecumenical Patriarchate of Constantinople, under the omophor of His All Holiness, Patriarch Bartholomew I of Constantinople.

The Church has over 120 congregations and missions throughout Canada in provinces from British Columbia to Quebec. It oversees theological training of seminarians enrolled in St. Andrew's College at the University of Manitoba in Winnipeg and brings liturgical texts to press through its affiliated publishing company.

Spiritual Leader – Metropolitan Yurij (Kalistchuk) of Winnipeg and all Canada.
СХІДНА ЄПАРХІЯ — EASTERN EPARCHY
The UOCC's Eastern Eparchy has cathedrals and churches in the provinces of Central and Eastern Ontario and Quebec. His Grace, Bishop Andriy (Peshko) heads the Eastern Eparchy of Canada.

FOUNDATIONS OF FAITH –
ОСНОВИ ВІРИ runs until August 17, 2019

Tamara Ivanochko,
Administrator, UMC, Ontario
Photographer Tanya Mykytiuk

FOUNDATIONS OF FAITH
ОСНОВИ ВІРИ

Ukrainian Orthodox Churches of the Eastern Eparchy of Canada
Українські Православні церкви Східної Єпархії Канади

DECEMBER 6, 2018 – AUGUST 17, 2019

The Ukrainian Museum of Canada, Ontario Branch celebrates the 100th anniversary of the founding of the Ukrainian Orthodox Church of Canada with an exhibit highlighting the cultural and material heritage of the Eastern Eparchy churches in Ontario and Quebec.

Selections from the project *Ukrainian Churches in Canada* by photographer Sterling Demchinsky illustrate this exhibit.

Ukrainian Museum of Canada, Ontario Branch
620 Spadina Avenue • Toronto, ON • 416-923-9861
museum@umcontario.com • www.umcontario.com umcontario

UKRAINIAN MUSEUM OF CANADA
ONTARIO BRANCH
Ukrainian Women's Association of Canada

Member of: Canadian Museums Association • Ontario Museum Association

The Museum gratefully acknowledges the support of:

Ontario
Ontario Ministry of Tourism, Culture & Sport through Community Museum Operating Grant

Shevchenko Foundation

UKRAINIAN MUSEUM OF CANADA, ONTARIO BRANCH
Ukrainian Women's Association of Canada

UPCOMING EVENTS

FOUNDATIONS OF FAITH SPEAKER SERIES • MARCH-JUNE 2019

All lectures begin at 7:00 pm at St. Vladimir Institute, 620 Spadina Ave., Toronto
Admission: $20 per lecture or $80 for the series of five lectures.
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JURIED PYSANKA EXHIBIT • JUNE 13-16, 2019
St. Vladimir Institute, 620 Spadina Ave., Toronto

Pysanka artists are invited to submit their best pysanky to be viewed and adjudicated by the public and a panel of judges. This event is an opportunity for artists to showcase their artistic abilites and the creative potential of pysankarstvo.
Submission fee $25/pysanka, submissions accepted until June 1, 2019
An awards ceremony and reception will take place on Saturday, June 15.

For more information, contact **museum@umcontario.com** or call **(416) 923-9861**

Babas' Aprons

Readers' Challenge

Editor's Note: Here are Diana's memories of her Babas and their aprons. Please send in yours!

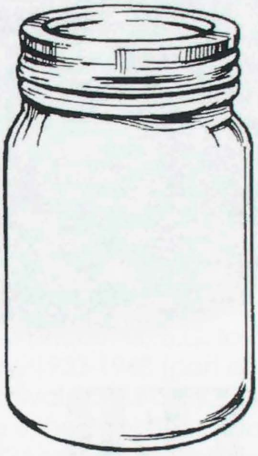
I remember going to the garden with Baba and picking cucumbers as she held her apron out for me to fill. I filled it so full that she had to walk very carefully not to spill the cucumbers on the ground carrying them to the house. When we got to the bottom of the stairs, Baba started to laugh (probably wondering how she was going to walk up the stairs holding her apron full of cucumbers). I started laughing also, not knowing why she was laughing, but the more I laughed, the more Baba laughed. Suddenly, *kapow*—the cucumbers fell to the ground. We were still laughing while picking them up, but, this time, we put them into the milking pail to carry them up the stairs.

I also remember staying at Baba and Dido's house and not feeling well. Baba came into the room and rubbed my forehead with her apron and said I would be fine. She gave me hot tea to drink and sat by my side until I fell asleep. I still believe today it was Baba's warm heart that transferred through the apron and wiped my illness away.

Diana Mauch, Edmonton, AB,
St. Andrew's Ladies Auxiliary

Our two Promin Babas rocking their aprons.

Recipes from the Kitchen of Irene Oneschuk



Sauerkraut

Cabbage
1 bay leaf
1 tsp. sugar
1 tbsp. pickling salt
1 tbsp. oil
1 tbsp. vinegar
1 tsp. pickling spice
boiling water

Shred cabbage and pack into a quart size jar. Place bay leaf, sugar, pickling salt, oil, vinegar and pickling spice (can be put in cheesecloth if desired) on top of cabbage.

Fill jar with boiling water (which should seal the jar) and seal with jar lid. (These ingredients are equivalent to one jar of sauerkraut.)

Let cool on counter. Let marinate one month before consuming.

Irene Oneschuk, Le Pas, MB

Freezer Zucchini Marmalade with Ginger

Note: A food processor makes light work of prepping the citrus fruit for this gorgeous, yellow marmalade. If you're giving the marmalade away, mention that it needs to stay in the freezer until opening.

Grated zucchini (with peel)	9 1/2 cups	2.375 lt.
Medium unpeeled oranges, quartered	6	6
Medium unpeeled lemons, quartered	2	2
Granulated sugar	5 cups	1.25 litres
Cans crushed pineapple, drained	2 – 14 oz	800 ml
Chopped, crystallized ginger	¼ cup	55 g
Boxes of orange jelly powder (gelatin)	2 – 3 oz or	85 g ea.
Box of lemon jelly powder (gelatin)	3 oz	85 g

Put zucchini into large pot. Put orange and lemon into food processor. Process until chunky. Add to zucchini. Add sugar, pineapple and crystallized ginger. Heat and stir on medium until boiling. Boil, uncovered for 15 minutes, stirring often. Remove from heat. Add orange and lemon jelly powders. Stir until dissolved. Let stand until cool. Fill sterile freezer containers, leaving about 1 inch (2.5 cm) space at top. Or fill sterilized glass jars. Store in freezer until ready to use. Refrigerate after opening. Yield: 17 – 250 ml glass jars.

ORTHODOX EASTER PASKA, KOLACH & CULINARY DIFFERENCES

My childhood memory of the Easter paska and kolach that mother used to make set me on a quest in search of a similar recipe. This search included every Ukrainian cookbook in my possession, recipes on the web, conferring with friends, family, and others in our Orthodox community. This sojourn down memory lane has yielded notable cultural differences.

Paska in the Greek tradition is a very rich, sweet, braided yeast dough shaped in a loaf or a ring (Skoura, 1967). Cooked, red Easter eggs are placed into indentations in the dough of a braided loaf and baked.

In the Romanian tradition, the "*Paca* (Romanian Easter Bread)" is a braided, circular bread with a filling of cottage cheese, sweetened with sugar, lemon zest, vanilla and raisins. The cottage cheese is poured into the middle of the braided circle after the dough has risen, then brushed with egg wash and baked (Gairns, 2019; Ozimek, 2018.)

Paska in Ukrainian cuisine varies depending upon the region from which our families immigrated. The traditional Easter paska is made of a rich dough that is braided, shaped into a circle and decorated with ornate motifs.

Cheese paska is made with dry cottage cheese, butter, sugar, eggs, cream, salt, almonds, raisins or candied fruit that is

pressed into a mold in the shape of a pyramid or in a flower pot that has a hole in the bottom. This cheese paska can be cooked Kiev style or served uncooked, and is a tradition in central and eastern Ukraine as well as Russia (Papashvily, 1969; St. Olha UWAC branch, 2003; Stechishin, 1963).

Another Version. My mother, Annie Logozar, of blessed memory, used to make paska and kolach with a filling of cottage cheese mixed with egg and seasoned with salt, pepper and dill. This is a Bukovynian tradition, most likely influenced by Romanian cuisine. The difference between the Romanian and my mother's recipe is that her cheese filling was flavored with salt, pepper and dill and was not sweet. One such Bukovynian paska recipe with cheese filling was published in 1965 by Lesia Ukrainka UWAC branch, Vancouver, B.C. to mark their 30th Anniversary, 1933-1963 (part of Dorothy Stachniak's archival cookbook collection). Another source is the cookbook "*From Generation to Generation*" published by Olha Kobylianska UWAC Branch, Smoky Lake, Alberta.

Miniature Kolachi. Marie Mailman's mother, Helen Luchak, Memory Eternal, also made paska with cheese filling. In addition, she made individual kolachi, about four inches in diameter, with cheese filling flavored with dill and green onion. She gave these small kalachyky to children after graveside church service during provody. Versions of this recipe can be found in St. Andrew's Ukrainian Orthodox Ladies' Auxiliary *More Cooking Favorites*, page 47 and *Recipes: Russian Cooking*, page 8.

Paska Recipe.
This paska recipe is my mother's version.

Ingredients
1 cup lukewarm water
1 tsp. honey
2 tbsp. fast rising instant yeast
3 cups warm water
1/3 cup melted butter
2/3 cup oil
2 tbsp. honey
1 tbsp. salt
6 yolks
2 eggs
Flour (10 cups or more)
Egg wash: 3 egg yolks diluted with 3 tbsp. water

Method.
In a four-cup measuring cup, dilute honey, water and sprinkle the yeast. Leave it to rise for 10 minutes or until the yeast is foamy.
In a large bowl, mix warm water, melted butter, oil, honey, salt, beaten egg yolks and eggs. Add the yeast to this mixture. Stir and add enough flour so the dough is not too soft or too stiff. Knead the dough until it is satiny and does not stick any more. Let the dough rise until it is double in bulk. Punch it down and let it rise again. In the meantime, grease your pans. This recipe made one small paska, one bigger paska, one kolach and individual tartlets.

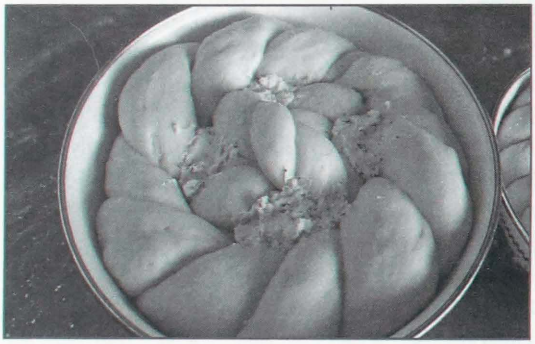
Cottage Cheese Filling.
Ingredients
1 lb. dry cottage cheese
3 egg yolks
Salt
Pepper
1 tbsp. chopped dill or more
Finely chopped green onion (optional)

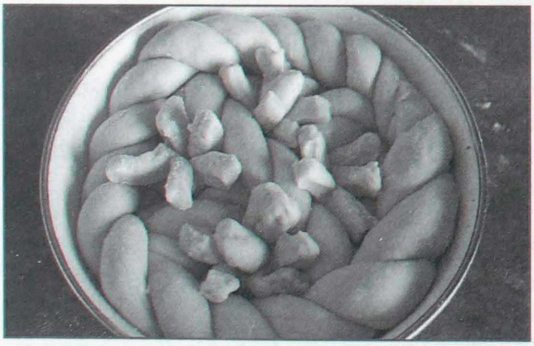
Press the cottage cheese through a sieve or mash it. Add all ingredients and mix well. This filling can be used for paska, kolach, cottage cheese rolls, pyrohy or pyrizhky.

Version one larger paska. In a well-greased, oven proof bowl-shaped pan, place enough dough to make a flat base. Cut four pieces of dough to make two braided ropes. Place those over the flat base in the shape of a cross.

Cut two equal pieces of dough, roll them out and braid the two ropes. Cut the ends at an angle and join the two ends together to make a circle and place this braided ring along the inside of the pan and over the ends of the cross. Place cottage cheese mixture in the four open spaces in each quarter. Cover

Preparing cottage cheese, egg yolk, salt, pepper and dill filling


Larger paska with filling on the top


Braided paska decorated with rosettes with filling in the lower part, proofing prior to baking

with a tea towel and let it rise in a warm place. When just about double in bulk, brush with diluted egg yolk, and bake. Bake at 375°F for ten minutes; Lower the temperature to 350°F and bake for 40 minutes.

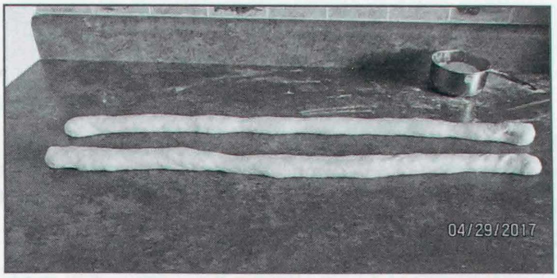
Version two smaller paskas. Cut enough dough to make a base in the bowl. Braid two thin pieces of rope, join the dough making a circle and set the braid in the bowl over the base. Pour prepared cottage cheese filling in the center of the braided circle up to the top of the braid. Next braid two equal lengths of braid and make a cross over the cheese filling and lower braided ring. Braid two lengths of dough long enough to sit along the lower braid and the inside edge of the bowl. Make four rosettes and place them in each of the four spaces. Let it rise until just about double in bulk, brush with diluted egg and bake at 375°F for 10 minutes; lower the temperature to 350°F and bake for 40 minutes until golden in colour.

Kolach with cottage cheese filling. To make a kolach with cottage cheese, place a circular piece of flattened out dough in the bottom of a well-greased nine-inch cake pan. Make a braid long enough to fit along the inside of the pan. Then make a thinner braid long enough to fit between the braid and the inside of the pan. Pour cottage cheese filling into the centre and leave the kolach to rise until almost double in bulk. When the dough rises, you may wish to add more cheese filling. When ready to bake, brush the kolach and the cheese filling with egg wash and bake. Bake at 350°F for 35-40 minutes. Remove from pan after about ten minutes and cool.

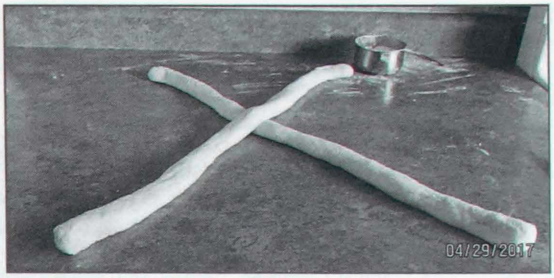
Conclusion. For an excellent explanation of making traditional paska and kolach refer to Hanka Romanchych UWAC branch cookbook, From Baba With Love.

May you have great success in making paska and have a very Blessed Easter.

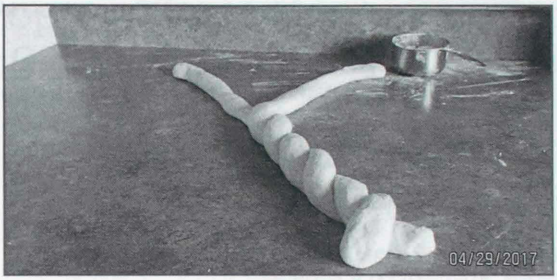
Vivian Skakun
All photos by Vivian Skakun



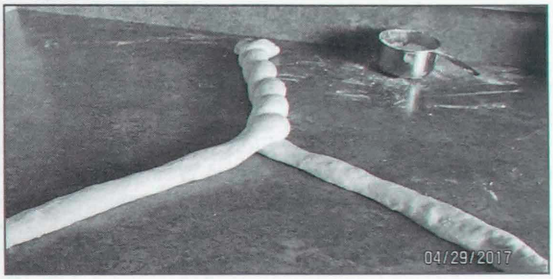
Roll two 9-ounce ropes



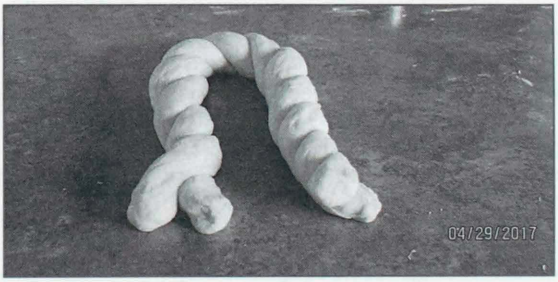
Make an X with the two ropes



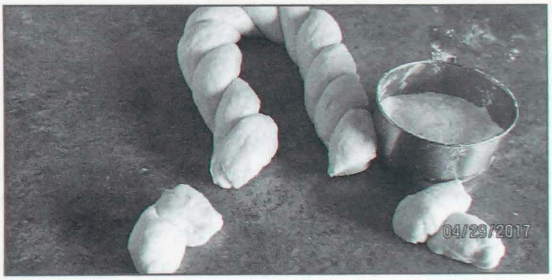
Braid the lower half beginning from right to left



Flip the unbraided part to you and braid



Make an upside-down U



Cut the ends at an angle

Join the two cut ends to make a circle

Roll our longer and thinner ropes and braid

Kolach with cottage cheese filling

Baked kolach with cottage cheese filling

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13. Stechishin, Savella. *Traditional Ukrainian Cooker*. (Winnipeg: Trident Press Ltd., 1983) 319-333, 366, 397-399.

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Easter Basket by Dobr. Erin Haugen

Elizabeth (Lizzie) Popowich (1921-2018)

The Daughters of Ukraine Branch in Regina lost another of its long-standing members on November 1, 2018—Elizabeth Popowich.

Elizabeth was born on August 1, 1921. Because of financial circumstances, she had to abandon her dream of becoming a teacher. She married Mike Popowich in 1943 and they were blessed with five daughters: Joan, Marlene, Janice, Audrey and Louise. They eventually had five grandchildren and four great-grandchildren. Lizzie was a woman before her time, balancing work and family. She enjoyed baking, crafts and had a passion for raising her beloved chicks.

Upon retirement from farming, the Popowiches moved to Wynyard, where Elizabeth worked at the Acres Seniors' Home. Mike and Elizabeth enjoyed camping and fishing in remote northern lakes and also enjoyed visiting many areas in Canada, the United States and Europe.

In 1993, the couple moved to Selo Gardens in Regina, where Elizabeth continued her involvement with the Ukrainian Women's Association of Canada. Mike and Elizabeth were members of the Descent of the Holy Spirit Church in Regina. Lizzie spent the last four years of her life at Pioneer Village, where she enjoyed playing cards, completing jigsaw puzzles, playing bingo and socializing.

Her funeral service was held November 10, 2018 at Speers Funeral Chapel with Rev. Vitaliy Ihnativ officiating. Interment took place at Pleasantview Cemetery in Wynyard, SK.

Вічная пам'ять! May she rest in peace.

Daughters of Ukraine UWAC, Regina, SK

У річницю упокоєння Бл. п. Олексія і Марії Макаренко

Бл. п. Добр. Олі

У восьму та шістнадцяту річницю упокоєння наших улюблених батьків, діда, бабу, прадіда та прабабу, Олексія та Марії Макаренко, які відійшли у вічність 1-го та 10-го березня, 2003 та 2011 р., та у сьому річницю упоко - єння нашої улюбленої дружини, тітки, сестри та хрестної матері, добр. Олі Демчук, яка відійшла у вічність 28-го лютого, 2012 р., висилаємо в їхню світ - лу пам'ять пожертву, як нев'янучий вінок на їхню могилу.

Нехай пам'ять про цих жертвенних та відданих працівників у Божому винограднику буде вічною.

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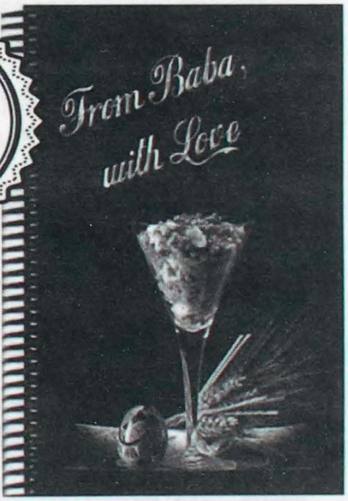

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We are so thankful to those who are renewing their journal and gifting friends with Promin and for the donations we receive for the Press Fund and in memory of loved ones!

The subscription for Promin has increased to $30 per year from $25 as of December 31, 2018. A number of renewal cheques have come in $5 short. So . . . . . starting next issue, our administrator will pro-rate the subscriptions received. Basically, $5.00 per issue, so $30.00 is a full year (six Promins) and $25.00 is for five Promin magazines.

The expiry date will be reflected on the address label. I hope our readership will understand the logic behind this decision; basically we operate on a shoestring budget.

Важлива замітка адміністраторки

Адміністрація "Променя" підвищила передплату при кінці минулого року, отже, від 31-го грудня, 2018 р. річна передплата--$30. Ми отримали досі багато чеків відновлення в сумі $25. Через причину, що ми видаємо "Промінь" з невеликими коштами, починаючи з цим числом, візьмемо $5 за кожний журнал. Якщо заплатите тільки $25, побачите, що кінцева дата вашої передплати буде два місяці скорша. Подивіться на свою наліпку.

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Artist in the Spotlight – Serge Lifar of Kiev, Choreographer and Ballet Dancer

Сергій Лифар – Хореограф, Танцівник, Українець козацького роду, Киянин

Лифар народився в Києві 1904-го року. Його батьки були досить заможні. Дід жив у Каневі й навчив свого онука про славне минуле України—предки Сергія були козаками. Сергій співав у хорі Софійського Собору й вчився при консерваторії. Маючи п'ятнадцять років, почав вчитися танцювати. Його вчителькою була відома балерина, Б. Ніжинська.

Serge Lifar (Sergei Mykhajlovich Lyfar) never gave up his Ukrainian citizenship and remained devoted to his native city—Kiev. He was born in 1904 and was introduced to ballet at the age of 15. These were frightening times. World War I began and the Communist Revolution ensued. As a sensitive teenager, Lifar witnessed the fervent and, in his opinion, evil Trotsky spewing propaganda at the students of the Kiev Conservatory. Internally, he vowed to try to silence such voices.

Сергій Дягілєв, засновник і художній керівник «Русского балета» попросив Ніжинську відрядити п'ять найкращих учнів до його трупи в Монте-Карло. Це було 1921-го року. Хоч Лифар мав ще мало досвіду, він дуже старався та тренувався й за чотири роки став першим танцівником трупи Дягілєва. Мав великий успіх як танцюрист у Парижі. Коли Діягілєв помер, Сергій остався в Парижі без роботи.

When the founder and producer of the "Ballets russes", Serge Diaghilev, requested that Nizhynska send her five best students to join his company in Monte Carlo, Serge Lifar was chosen. Although he was inexperienced, Lifar worked very hard, training for hours and perfecting his technique by studying under Cecchetti in Italy. Within four years time, he became principle dancer of the "Ballets russes". Unfortunately, Serge Diaghilev died and his company disbanded. Lifar found himself unemployed in Paris.

Маючи лише 24 роки, Лифара попросили перетворити балет Ґранд Опери Парижу. Він прийняв цю працю і написав свій перший балет як хореограф до музики Бетовина. Хоч ніхто не сподівався цього, вистава дуже сподобалась публиці. У своїм «Маніфест хореографа» Лифар писав, що балет не повинен залежати

від музики—має своє власне значення. Його балет "Ікар" був виконаний без музики!

At the age of 24, Lifar was invited to manage and reform the ballet company of Paris' Grand Opera. He was asked to write a ballet to the music of Beethoven to commemorate the centenary of the composer's death. Surprisingly, the ballet choreographed by Lifar was a huge success. Lifar went on to write more than 35 ballets, of which "Icarus" was performed without music. In his "Manifesto of Choreography", written originally in French, Lifar claims that ballet can stand on its own and that music should not dictate movement.

Лифар був симпатичний та переважно улюблений всіма. Він продовжував свою працю при Ґранд Опері протягом Другої Світової Війни, щоб німці не перебрали театр та щоб артисти та техніки мали роботу. Дехто через цю причину уважав його за колаборатером.

Lifar appears to have been a compassionate and beloved man on the whole. Some, particularly those with communist leanings, considered him a collaborator during World War II, as he decided to continue the work of the Grand Opera despite German occupation. He did so to prevent the Nazis from taking over the institution and to continue to provide work for the artists and technicians employed there.

Помер 1986-го року, маючи 81 рік у Лавзені. Його поховали в русько-православному цвинтарі в Парижі. Його довгорічна партнерка заснувала Фундацію Сергія Лифаря, яка займається поширювати та розвивати балет.

Serge Lifar is the author of a biography of Serge Diaghilev, a textbook on choreography and his own memoirs. These are still available for purchase on the internet in French and Ukrainian. I have seen the biography of Diaghilev also offered in English.

Lifar was offered French citizenship by De Gaulle (politely refused) and was awarded many honours, including the Gold Medal of Paris and membership in the «Légion d' honneur ». Ukrainian to the end, he was not averse to wearing his embroidered shirt to the Grand Opera of Paris and his headstone bears witness to his love of Kiev. To see the consummate ballet dancer in action, see You Tube.

Researched and prepared by Leona Bridges

1. www.ukrcenter.com
Article by Ol'ha Melnyk "Сергій Лифар – Українець до кінця"
2. www.sergelifar.org
3. www.en.wikipedia.org/sergelifar
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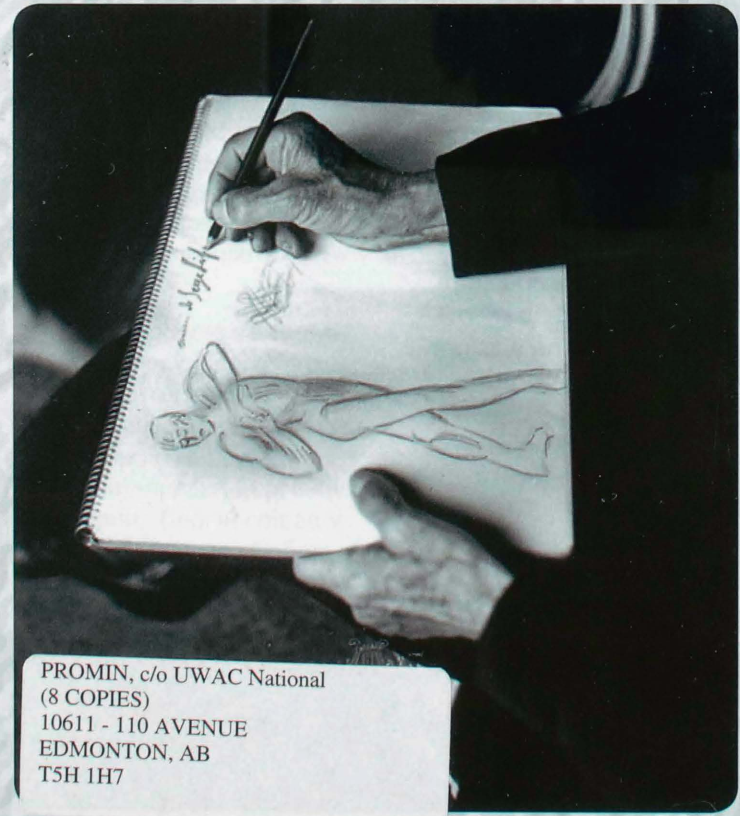

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